

# Natural Weight-Loss Newsletter

*Presenting a principle that  
enables the overweight to  
reduce quickly, safely,  
naturally and permanently!*

Volume I, No. 1

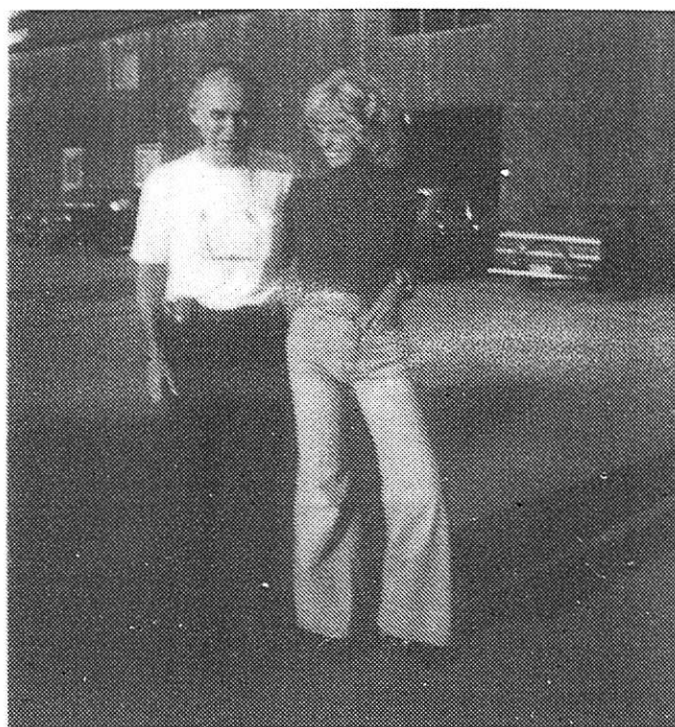
Published by  
Natural Weight-Loss  
Systems

2000 South Ocean Drive  
Hallandale, FL 33009

## SUCCESS, AT LAST!



**Before** Vickey Bidwell at 195 pounds



**After** Vickey Bidwell stands with Art Andrews after fast

As your *Newsletter* editor, it is fitting to begin the "SUCCESS, AT LAST!" series with mine. Today, at 39 years, I weigh 55 pounds less than my high school graduation night and 80 less than my all-time high. The story dragged on for years and took many times longer than (in retrospect) "necessary". You need not mangle and meander, painfully repeating the same mistakes.

After a lifetime of being fat and struggling with the diets and reducing gimmicks, I woke up one November morning in 1980 . . . too fat to bend over and tie my tennis shoes. I forced myself onto the scales: 210 pounds. I knew I had gotten really fat; but I always felt like some benevolent, magical force would never allow ME to go over the 200 mark into the dimension of GROSSLY OBESE! At that moment, I realized there was nothing to stop me: I could

head for 300 next. There were no fairy godmothers to safekeep me.

My typical breakfast was a package of 8 heated Eggo waffles smothered in butter, peanut butter, syrup, and sour cream, washed down with a quart of milk. The eating continued 'til bedtime. I was working as a group-home mother for emotionally-disturbed teenage boys at the time. One of them commented matter-of-factly one day, "You get fatter every day!" He was right. My eating reflected that I was more "emotionally disturbed" than any of them. I became so depressed, I was beyond thinking about suicide and had begun planning, instead. I ended up at the local mental health clinic, numb to the world. Psychologists and doctors, upon meeting me, worriedly tried to force hospital admission slips and anti-depressant prescrip-

tions on me. That moment marked the high-weight/low state of my "SUCCESS, AT LAST!"

I had learned of Natural Hygiene in 1976, when I had dieted to 150 and fasted 17 days to 120. That 210-pound morning, I knew the return to strict Hygiene was the only way out of my deep, dark hole. I began psychotherapy and Shick Treatment and began eating less junk and more raw, but I was . . . by no means . . . following Hygiene strictly. After about a year, I weighed 180. I continued counselling for two more years, the last of which I stayed weekends at the Religious School of Natural Hygiene, administered by Art Andrews in Hollister, California. For these 2 years, I vacillated between 180 and 160: neurotically, I would lose 20 and gain 19. I never surrendered to the raw food diet totally, always continuing to indulge in cooked, fried, sugared, salted, meaty, poisoned foods : . . and always continuing out-and-out self-destructive binges.

More emotional problems beset me following an unhappy relationship that landed me at the Life Science school in Yorktown, Texas, where I fasted two weeks. At this point, I realized my desire to self-destruct went beyond overeating and—indeed—had become my "unconsciously-self-chosen way of life". I then took a job correcting tests for the Nutritional Course offered by American College of Health Science and began seriously trying to stop my craziness.

For the next year, I yo-yoed from 160 to 150, losing 10 and gaining 9 pounds, over and over. But I still had not given up conventional food, self-hate, self-destructiveness, or binging. Then I renewed the aforementioned relationship and hit another emotional low: in two months I was back up to 170 and horrified. Desperate, I returned to the California Health Sanctuary to talk to Art Andrews: I was humiliated, humbled, and hopeless . . . tired of this thing called "life" (melodramatic as it sounds). After two twenty-day fasts I began a program of eating exclusively raw foods, exercise, early bedtime, sunbaths, meditation, self-honesty and self-determination. I reached a measure of peace within and 135 pounds without. The fasting, diet, and exercise made the difference on the outside. But the inside difference could never have happened without re-programming my whiskey-bent-and-hell-bound, self-destructive compulsiveness to serenity, positivity, and self-love.

Evidently, I was the extreme case. I had to be brought to my knees and laid low by life's experiences before realizing . . . I HAD TO CHANGE . . . *and in many, many ways.*

First, the diet. I finally understand that I can't eat even one bite from the Standard American Diet without setting up cravings that can lead to uncontrollable binging on junk. My only salvation, proven time and again through four years of binging, fasting fanaticism, and willfully trying to combine raw food and junk as a viable weight-loss system, is to commit myself exclusively to the raw fruits, vegetables, nuts, and seeds . . . and NOTHING ELSE! So—I CHANGED . . . my diet. I CHANGED . . . my exercise habits. I CHANGED . . . my "sense of life": I am no longer an angry, young woman living in a hostile and meaningless Universe. (I try, as best I can, to stop controlling and manipulating; this dissipates anger.) Instead, I see myself as a loving, positive person living in a

world where order and purpose abound. Concomitant with the change in my "sense of life" came a change in my physiological functioning . . . from the chronic "fight-or-flight response" that generates compulsiveness to the "relaxation response" that promotes serenity.

Because of these consciously-instituted changes, supported by a belief in the power of eating natural foods and of embracing love instead of fear, I have maintained my weight loss with less dramatic fluctuations. I hope to lose 20 more pounds and begin a moderate body-building program. Then, I shall be the outward form of my body's highest potential.

I am indebted to three institutions for my growth: first, the American College of Health Science and T. C. Fry for the knowledge that ONLY THE RAW FOOD DIET WILL BRING WEIGHT NORMALCY; second, the Religious School of Natural Hygiene for the love and patient guidance that allowed me to breathe deeply, relax and let love and self-worth in; and third, the Overeaters Anonymous Organization for the tools and fellowship that have given me, one-day-at-a-time, freedom from food addiction.

But . . . the coast is still not clear. The self-destruct trigger has been "on" most of my life—not only in overeating, but in cigarettes, alcohol, drugs, dangerous driving, temper outbursts, deceitfulness, sick sex, reckless spending, and so on. Because I know the depth and strength of this addiction to hurt myself, I also know how tenuous and precarious these changes are at this fragile point. *Changing an eating disorder takes time and conviction and persistence and self-love . . . and the right diet.* In a moment of extreme stress and self-pity, I could be back eating chocolate donuts by the dozen. This is where the "Attitude of Gratitude" for how far you've come is essential for recovery.

The American College of Health Science—through this *Newsletter*, through the *Healthful Living* magazine, through our High-Energy Methods mini-course or our Nutritional Science expanded course—offers you the support and inspiration necessary to make the journey to health and Slenderland more direct and swift than mine. Perhaps—you can forego the stubbornness that causes 20- to 30-pound, year-after-year fluctuations. IF you can surrender yourself at the outset to the all-raw fruit and vegetable diet, IF you can leave conventional food alone long enough to be convinced, IF you can give away negativity and live with a positive vision of yourself and your perfect place in the immense design of things . . . THEN, YOU CAN LEAVE THE FAT BEHIND. *May your journey be swift. And may you pass the gift of your experience on to others . . . who are "still doin' time" in their self-made prisons.* □



## FROM THE KITCHEN...

One of the greatest joys of eating Hygienically is the ease of food preparation and clean-up time. Before long, the person in the kitchen will not miss the roasting carcass of a dead animal or the crusty pots, greasy pans, and grimy kitchen walls. Just think! All those hours spent cooking were not only destroying food value—but actually causing sickness! The Cook, in reality, is a Grim Reaper, digging early graves for family members. And usually the more elaborate the preparation, the more deadly the concoction.

NOW . . . knowledge of the proper diet for man and woman liberates us from endless hours of kitchen cooking and clean up. NOW . . . mealtime involves simple washing, cutting, slicing, and occasional blending or grinding. FINALLY . . . the pleasing arrangement of wholesome, colorful foods completes the task of love and health. In contrast to the Grim Reaper, the "Cook" in an Hygienic kitchen is the Goddess of well-being and long-living.

A switch to the raw food diet requires a sense of adventure and creativity. The dedicated novice will want to explore ALL the fruits and vegetables, edible and available, at the local fruit stand and grocery store. From this availability, the menu ensues, dependent—of course—on your imagination. The Life Science organization has a number of "no-cook" books to spur on the cook's creative bent. Furthermore, we welcome your sharing any tasty raw food recipes you discover.

The following recipes are taken from *116 Favorite, Antacidizing, Good-Health Recipes* by Marti Wheeler, 1984, available through the Life Science library.

### Banana Sandwiches

Lettuce  
Bananas  
Raisins or dates



1. Wash and dry lettuce leaves; peel and halve bananas; and slice banana halves lengthwise.
2. Place banana slices down the middle of lettuce leaves and top with soaked or dry raisins and/or pitted dates.
3. Add a fruit dressing, sauce, or pudding, if you wish.
4. Fold over each slice and eat like a sandwich. This requires manual dexterity, but the results are delicious!

### Revelous Raisin Pudding

Monukka or Thompson raisins  
Bananas

1. Soak raisins overnight or several hours in distilled water; then blend raisins, soak water, and bananas together until well blended.
2. Turn blender off and on a few times to facilitate thorough blending; or, if necessary, turn off blender, stir, and blend again, repeating this one or more times as needed.
3. Serve plain or with the soaked raisins and/or sliced bananas on top. Marvelous!

### Pineapple Sherbet

Pineapple, fresh and removed from husk  
Fresh strawberries, washed, de-stemmed and sliced

1. Blend pineapple until smooth and pour into a freezer container.
2. Freeze until semi-hard and then stir well and fold in sliced strawberries.
3. Freeze overnight.

## FROM THE MAILBOX AN INVITATION

Dear Reader,

The NATURAL WEIGHT-LOSS NEWSLETTER greets you. We welcome questions, suggestions, pictures, information from articles or books, news from other programs, and especially—how you are doing. In the event that we publish your letter, please indicate whether you would like your name "withheld by request" or not. Also letters not published but requesting a reply will be answered personally.



The Natural Weight-Loss Program is an exciting adventure, and your ideas should be passed on. Your successes, your problems, your questions, and sharings could inspire fellow readers. So, please write and share with us.

Healthfully yours,

*Vickey Bidwell*

Vickey Bidwell



**Remember:**  
*Refined sugar that passes through the lips—  
Remains on the hips!*



# FACTS AND FINDINGS

## TALKING AND WRITING HELP

A group of doctors conducted an experiment with 250 patients who met daily in small groups to discuss the question: "How does it feel to be fat?" Typical testimonies are reflected in the following: "It's miserable . . . It's feeling lumps when you sit . . . It's not being able to cross your legs . . . It's hating yourself . . . It's hating others . . . It's wanting, wanting, wanting to wear pretty clothes." The patients were also asked to keep journals in which they wrote daily their feelings about their present body image and their ideal. Although this may sound like depressing topics for conversation and writing, the doctors saw great value in the process and even went so far as to state that these locked-up negative feelings *must be brought out into the open and shared with others in a supportive environment before the obese can effectively lose weight.*

After only three weeks of discussion groups and journal keeping, the doctors noted among the participants . . . "enhanced motivation of weight loss, ventilation of long-held negative attitudes, increased self-concept, self-worth, and self-esteem . . . and a closer, more honest relationship with loved ones."

**COMMENTARY:** This study strongly supports our whole purpose of the *Natural Weight-Loss Newsletter*. As stated in the study: "Only an obese individual can truly understand the agony suffered by another." By facing—*instead of feeding*—our eating disorder, by sharing with compassionate friends, and by daily self-honesty recorded in our journals, we can make the journey to Slenderland less lonely and less difficult. In fact, if we surrender to the total program of raw foods exclusively, exercise daily, and observe the Laws of Healthful Living, the journey can become our GREATEST JOY! □

(*Obesity and Bariatric Medicine*. Oct.-Dec. 1982.)

## DIET PILLS CAUSE WEIGHT GAIN

Researchers in both Venezuela and the United States conducted studies in 1984 that indicate the use of amphetamines actually causes an *increase* in body weight and chronic obesity once their use is discontinued. In their experiments, large doses of amphetamines were injected into the abdominal cavities of rats: eating patterns and weight fluctuations were then recorded. Initially, a significant drop in body weight occurred; however, 5 days following the disuse of the drug, rats began bingeing and quickly exhibited obesity.

The researchers concluded: Amphetamines act ". . . both to suppress and, in excessive doses, to stimulate feeding." Conclusions to this study support the common and discouraging occurrence we have seen among "pill-pop-

ing" dieters: after they stop taking the drug, they regain not only the original weight—but more!

**COMMENTARY:** This study illustrates a principle of Natural Hygiene called "The Law of Dual Effect": for every action made upon the body there is an opposite and equal reaction. In this case, the appetite was drugged into suppression; once the drugging stopped, a rebound effect of bingeing inevitably occurred.

Amphetamines were the national panacea for the overweight in the 1960s and 70s. Today, few doctors will even prescribe them, as miserable failings through studies like these have uncovered the "diet pill hoax". The body runs according to Laws of Nature. If we strictly observe these laws in our daily life, total health and weight normalization will occur. This means a program of not only natural foods—but exercise, adequate rest and sleep, along with emotional poise, self-mastery, meaningful work, and creative pursuits . . . will normalize weight. **FORGET THE PILLS!** □

(*Federation of American Societies for Experimental Biology Feature Service*. Jan. 1984.)

## TAKE A WALK TODAY!

A national survey questioned serious runners who run at least three times a week from between one and twenty-five miles. They wanted to know the answer to: "What motivates you to run?" Participants were allowed to check more than one answer and responded as follows in the three categories below:

### PHYSICAL BENEFITS

- 70%—firmer and stronger bodies
- 70%—more endurance from cardiovascular effects
- 66%—more energy
- 40%—faster metabolism

### DIETARY IMPROVEMENTS

- 47%—more concern about diet and use of more natural, wholesome foods
- 44%—less consumption of junk foods

### PSYCHOLOGICAL BENEFITS

- 68%—more positive attitude in all situations
- 64%—better able to handle stress

(*Get Fit*. April 1984.)

**COMMENTARY:** Although few of us can imagine running 25 miles a week at this point, we CAN probably picture walking at least a half mile or even a mile without too much trouble. The aforementioned physical, dietary, and psychological benefits of exercise are not exclusive to runners. In fact, studies show that walking has the same benefits as running—it just takes longer to go the same distance. The point is—that by getting outside, moving the body, taking in fresh air, getting a new perspective, pushing oneself a bit . . . changes begin to happen . . . subtly . . . first. With regular walking *of even a mile a day*, the body grows stronger and the spirits reach higher. Don't wait until tomorrow . . . **TAKE A WALK TODAY!** □